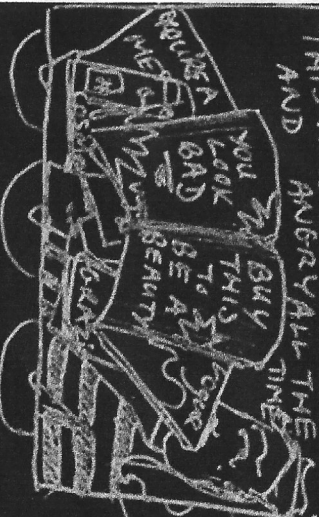


I USED TO LET  
MAGAZINES MAKE ME  
FEEL BAD ABOUT  
MY BODY.

THIS MADE ME SAD  
AND ABRUPTLY THE



I STOPPED  
PRACTICING SELF  
CARE. &  
MY CONTROLLING  
BEHAVIOURS OVER  
EATING BEGAN TO  
CONTROL ME!!



I ASKED  
FOR HELP!  
TALKING  
WAS V. HARD  
AT FIRST.  
BUT THIS WAS  
MY FIRST STEP  
TO STARTING  
TO LOVE MY  
BODY AGAIN!

WHEN  
YOU TAKE  
CARE OF  
YOURSELF

YOU FEEL  
GOOD!  
WHEN  
YOU FEEL  
GOOD, YOU  
LOOK GOOD

NEXT TIME THE  
MAGAZINES GET TO ME,  
INSTEAD OF HURTING  
MYSELF, I WILL SHOW  
MYSELF SOME EXTRA  
LOVE AND COMPASSION.



Why  
did no one teach  
me this in  
school??

BEING  
HUMAN IS  
HARD -  
SHOW UP  
FOR YOURSELF  
AND



EXERCISE  
GENTLY

WALK IN NATURE

NO MATTER  
WHAT PLACE YOU  
ARE IN, FRIENDS  
AND FAMILY WANT TO HELP

NO MATTER  
WHAT YOU LOOK LIKE  
OUR DIFFERENCES  
MAKE US UNIQUE  
AND  
BEAUTIFUL

BY NOT PRACTICING  
SELF CARE  
I GOT INTO A  
NEGATIVE CYCLE.  
BUT TALKING AND  
GETTING HELP  
MADE ME START  
TO PRACTICE SELF-CARE  
AND START TO  
FEEL BETTER.  
YOU ARE WORTHY SELF-CARE



THIS MAKES YOU  
FEEL GOOD ABOUT  
YOURSELF!!!

3. RULES 4 BEING A  
GOOD HUMAN
1. SELF CARE IS VITAL  
MOST IMPORTANTLY,  
SLEEPING 8 hrs A NIGHT.
  2. DRINK 2L of WATER A DAY
  3. EAT FRUIT, VEG AND  
PROPER MEALS - EAT  
WITH FAMILY OR FRIENDS  
EXTRA: NEVER THIS BEFORE THIS!  
THIS MAKES YOU  
FEEL GOOD ABOUT  
YOURSELF!!!



## You are not alone

1 in 3 people will suffer with depression and anxiety in their lifetime. I was first diagnosed with Depression and Anxiety when I was 16 but I had suffered with it since I was 11. During those years I thought that it was normal to feel the way I was feeling. Even though everyone around me seemed to be getting on with their lives I was stuck in this spiral which was sending me lower and lower as I went along. It started when someone who I cared about died. I would stay awake all night over thinking and overanalysing everything. I felt that I did not deserve to be happy and that I was broken. I was tortured by thoughts and visions in my head telling me that I should die and it was not worth living. I had no motivation to do anything. After that other people started dying around me and I started to think that I was the cause of this. I know that it sounds stupid but that's what depression and anxiety do to you. They warp your reality and make you believe things that aren't true.

As time went on I sunk deeper into the depression. I started to believe that I was a burden to everyone around me. I felt so anxious that I couldn't be around more than a couple of people at a time (only people who I knew well) and started to isolate myself. If I did my heart would start beating faster and I thought I was going to have a heart attack, my stomach would turn, I couldn't breathe, I couldn't speak and I couldn't move. I kept telling myself I was useless. Nobody liked me. I caused more harm than good. People would be better off without me. No one else feels this way. That's when I started to really question why I was alive. I started thinking about what my purpose in life was. I saw that I was a drain on my friends because I was always crying and upset and couldn't enjoy nights out like they could. I saw that I was a burden on my parents who didn't have a lot of money but were paying for me to live. I saw that I was a drain on my teachers because I was having panic attacks in lessons. This was when I started to try and find ways to help control how I was feeling. I started drinking. Not just when I was out with my friends but when I was alone in my bedroom. This numbed the pain for a while but

what no one really tells you about alcohol is it is a depressant. It will lower your mood when you start drinking and if you are already in a depressive cycle it will worsen it. I would do stupid things when I was drunk, make risky decisions and upset people because I didn't care about my life. I was slowly destroying everything around me.

I started to self-harm when I was around 13 and this became an addiction. I would self-harm multiple times a day just for that little bit of a release from what I was feeling. It let me know that I could still feel something. I felt numb, vacant and alone. No one around me understood what was going on with me and this made me hide it even more. I would put on a smile and fake laugh along with people. I started to feel more and more alone as time went on. I started to make lists of the pros and cons of being alive. I didn't want to end my life! I just wanted all of the pain and hurt inside to go away. I was drinking more and more at this point and the self-harm started to increase. School had noticed but their way of managing it was to tell my parents and to get me to complete a work booklet on self-harm. This was not something that was helpful at the time. I was not in the right headspace for this type of help so I stopped doing it. I stopped eating properly because I had no appetite. I thought I was fat (I was underweight) and hated everything about my body. My self-esteem was so low that I couldn't see anything positive about myself. I just wanted to be someone else, anyone but me. The more I started to hate myself the more I would self-harm. There were a lot of negative comments from people I knew who thought it was a fashion statement or it was attention seeking, but to me it was my lifeline at the time and the one thing that was keeping me sane whilst everything around me was falling apart. I continued to spiral into my depression further.

## What is Rape culture?

- ★ **Rape culture is a culture where sexual violence is the norm**
- ★ **It's a culture where girls are to carry a rape whistle, but boys aren't taught about consent.**
- ★ **It's when the length of a girls skirt determines how truthful there claims of sexual assault are**
- ★ **It's a culture where woman are told to keep there experiences of sexual assault to themselves from fear of upsetting family members or ruining a reputation**
- ★ **It's a culture that jokes freely about men getting what they want**
- ★ **It's the idea that women owe men there romantic attention**
- ★ **It's a culture where NO means convince me**
- ★ **It's when pop songs are allowed to say things like "you know you want me, you know I want you" further blurring lines of consent.**
- ★ **Rape culture is when you don't feel safe walking home**
- ★ **It's when your being told by an older creep that "your mature for your age" or "your wise beyond your years" ( please keep away from these manipulative turds )**
- ★ **It's a culture that gives boys and girls (threw all kinds of media including pornography) unrealistic expectations, where woman are expected to look or act a certain way, and boys are led to believe that girls are there for their sexual gratification. Let me just tell you YOU AIN'T!**

**I just wana chuck this out there too. Some parents don't recognise when something may be up, or not quite right with you. There getting on a bit now and unfortunately they grew up in a generation where its not welcome to speak up about these issues or to "ruin someone's reputation" in order to seek justice or comfort, Even when I told my own parents about making this zine focused on consent and the way women are treated they still haven't asked me if**



### ..It's not just about sex..

Most people think LGBTQIA is just about who you want to have sex with and while sex can be a part of it, our sexuality is much more than that. It can be about feelings, attraction, identity and gender identity, body image, rights, worldview, pleasure, flirting, kissing and/or sex and relationships.

*Sexuality is a big concept that has a huge effect on our lives! It's important on so many levels: mental, physical, spiritual and emotional. We all have a sexuality from the moment we're born until the moment we die, and our sexuality will change and play out in different ways throughout our lives. You allowed to change your mind! As humans, we are all sexual beings even if we are not having sex or have no interest in sex at all.*

*And FYI were not looking to convert anybody, we believe knowledge is a key to bringing people together and ending prejudice.*

**Lesbian:** A girl who is sexually attracted to and/or falls in love with other girls.

**Gay:** A guy or man who is sexually attracted to and/or falls in love with other guys.

**Bisexual:** Someone who is sexually attracted to and/or falls in love with both guys and girls

**Transgender:** Someone whose gender identity is different from the one they were assigned at birth, may identify as transgender.

**Queer:** Refers to people who may be gay, bisexual, lesbian, transgender, intersex or questioning their gender or sexuality. The word Queer has been reclaimed by many of the community as an expression of pride, we feel it gives a greater sense of unity, but also takes away the need of so many labels.

**Intersex :** When someone's genitals are ambiguous, meaning they don't fit the typical definitions of female or male. ( example: Being born with both genitals)

**Ally:** Anyone who supports the rights of LGBTQIA people and honours sexual diversity.

Eventually I hit rock bottom. I didn't want to get out of bed. I avoided people and lost a lot of friends. When I did go out I would drink in silence or do things that were very risky. Then I would go home and sit and think about how I did not want to live the life I had. I couldn't feel this way anymore and in my head there were just some people who shouldn't be alive. I told myself that I was an accident and that backed up it up. Once I started to go further down this road it was harder and harder to get back from it. I took my first overdose when I was 14. This upset my stomach more than anything and I threw it back up. For the 3 years I took overdoses on and off. All of them failed and often I would vomit following them. I got to a point one night where I told my mum everything that I had been feeling and she took me to see my GP. He diagnosed me with not only depression and anxiety but also Post Traumatic Stress Disorder (PTSD). He started me on Citalopram (an antidepressant) and referred me to CAMHS (child and adolescent mental health services). The waiting lists were long and it wasn't clear when I would have an appointment. It just seemed like it was assessment after assessment without any treatment being given. I took one of my most serious overdoses. I decided I didn't want my family to see me so I took my overdose and left the house. My boyfriend and the time found me in a road away from my house where I had sat on the floor because I couldn't walk properly. I couldn't speak properly and I was unable to understand what was going on. I went to A&E and stayed in overnight. Before I was released I had to have yet another assessment. They told me that they would be referring me again to CAMHS but I had little faith in ever being seen.

Two weeks later I started my treatment. I was seeing a CBT therapist but I did not have a good relationship with her. The person who I was with at the time convinced me to leave my CBT. I stopped taking my medication and I went back to trying to manage my illness the best I could. This again did not work and I went back to my GP. I was tried on many different medications but none of them were suitable for me. I became more suicidal when I was on them which can be a side effect of antidepressant medications so I kept coming off them. It took me a long time to realise that medication was not what was best for me. Everyone is different and you need

to find what works for you. In the end it was the small changes in my life that made all of the difference. I made time for myself. I started to open up and talk to people about what was happening. Surprisingly there were a lot of people who had struggled with it themselves. I spent time understanding my illness and why I was having the thoughts. I started to challenge my thoughts and what they were telling me. Eventually when I was 20 I started my treatment. At this point I had started a degree in mental health nursing. Whilst I was going through services the one thing I felt that was lacking was someone who genuinely cared and I wanted to be one person who actually did. The first therapist I had did not suit me and I was given another one. This one understood me and my needs. She listened to me for the first time and tailored the sessions to me. This was the turning point in my illness. I have relapsed once since I completed my treatment but thanks to all the work that I did with them I understood the warning signs and what helped when I was feeling that way and I have not had a relapse in 3 years! Remember you are never alone. There are so many people out there who have been through, or are going through what you are. Seek help when you need it. The most important point to say though is never give up on your recovery. Never give up on your fight, because one day things will get better and you will finally feel that enjoyment in life again.

### Helpful things to try:

- ★ Seek help when you need it. The longer you wait the worse it will get!
- ★ Cut down on drinking (or drugs) if not stop them all together
- ★ Talk to the people around you. They will understand more than you think they will.
- ★ Take time out for yourself and do things that you enjoy
- ★ Try mindfulness. There are millions of apps and websites with tips of what to do!
- ★ Exercise more
- ★ Eat better
- ★ Make short term, achievable goals
- ★ Challenge unhelpful thoughts
- ★ Embrace who you are, in your own way!

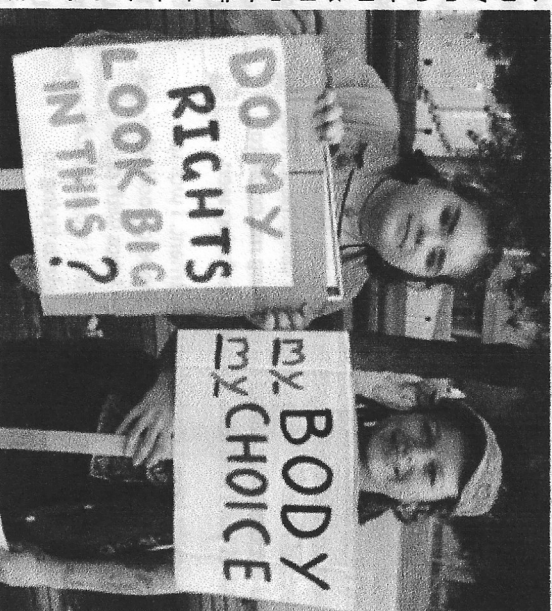


### Some advice for girls like me:

*Hello to anybody reading this my name is Maggie, I'm 17, fresh out of college, hopefully about to go to uni-  
versity and about to embark on what I can only imagine will be the best summer of my life. I thought it was  
important when Kate first told me about this zine to spread some tips, tricks and a little bit of advice because  
I know younger me would have appreciated this.*

### Be sexual without being sexualised:

This is important, from a young age there is this stigma instilled in girls regarding sexuality. Girls are not meant to be sexual, unless a men wants us to be. Men are usually studs and cool for sleeping around, but girls? Slags, skanks ect. I want to let you know that it's perfectly ok to feel sexual or horny or to want to sleep with a lot of people. What's important is that you are safe, comfortable and unpressured. Sleeping with people or not, its all ok ( if your 16+) we're all different and what you're comfortable with your best friend might not be and vice versa. I cannot stress these things enough so I've put them in bold so you get the message. **Female masturbation is natural and healthy, find out what you like and what works for you, please don't be ashamed or embarrassed about it. Discharge is healthy and normal, vaginas do not smell like roses and perfume so trying to make them seriously throws off your PH balance. Pubic hair is completely regular and it is completely up to you whether you shave or not, don't let a partner dictate or control your body. Sex is not perfect like its showcased in porn. If you watch porn that's fine but just remember most of its fake and the women involved are actresses and models. If you're sexual experiences are nothing like a porno then be glad, you've had an authentic sexual experience and it's natural. please also remember, your first time doesn't have to hurt, it might feel strange or uncomfortable but it doesn't have to hurt and you are allowed to enjoy it. Also virginity is a social construct; whenever you lose it, with whomever you lose it, it seriously doesn't matter just make sure you are comfortable and ready.**



(And of age!) if you're unsure about anything or not sure if what's happening to your body is 'normal' (which I'm sure it is) any walk in centre or doctors will help. The Brook in Birkenhead is especially helpful as it's designed for young people and if you ever feel embarrassed, don't. The people in the Brook are all fully qualified, no question is a stupid question and they have seen and dealt with far worse. (Look to the end of the article for helpful numbers and websites) don't know if you have experienced it but a lot of my female friends have, sexualisation. Girls, especially young ones, should feel perfectly comfortable wearing whatever the hell they want, whenever they want. The unfortunate truth is that some people think 'revealing' clothing acts as an invitation. It doesn't. PLEASE understand that if anyone is making you feel uncomfortable it's not your job to just sit and take it. Argue back, call them on it. If you feel unsafe pull out your phone and call a friend just now that it's not your fault and your clothes do not act as an invitation for anybody or anything.

Be safe please girls and remember just because you're a sexual being doesn't mean you have to be sexualised by others.

Picture of me & kate from Liverpool women's reclaim the night rally

### Ask Yo'self this!

**Do you actually like this person? Are you just trying to fit in or seem more mature? ( Because there ain't nothing more mature than saying you don't wanna share your fine self with someone you don't feel all that much about. That's a mature cheddar right there. You ain't no baby bell )**

**Do you know what you want? What does consent mean to you? ( consent isn't just about saying yes or no to sex, its all about what's in the fine print. if your not ready for sex yet, there's still a lot you need to talk about with your partner, if you don't want a big beefy on your neck, shove a stake through there heart and say vampire be gone!, but if you like a bit of back tickling or a snog behind the library then say so. Again, your body your choice, and knowing your partner is on the same page allows you to relax and feel connected)**

**Have you been on the cherry Lambrini, or taken anything mind altering. If so, you ain't in any state to consent to anything. And you need to make sure your partner understands and respects this. Give 'em a peck on the cheek if you want to and get yourself home.**

**Have you already agreed to something earlier that you don't feel like going through with? Well you're a girl its completely fine to change your mind, or only take part in your some parts , that's why talking about stuff before and throughout is good, checking in with each other regularly helps you to feel and safe and your boundaries respected.**

**Have you got a form of contraceptive? It is up to both of you to make sure both of this is covered. You can speak to your GP or local Brook to find out what contraceptive suite's you best ( Also it is against the law for a man to remove an condom without permission or knowledge of it. So if it's a guy you choose to be with, let them know you know that.)**

**Do you knowingly have any STD's. If so, don't panic, get yourself to your GP or your local Brook and get it sorted out. If you do know you have an STD and don't disclose it with them, you can get into deep Do Do with the police and maybe end up in jail.**

**I hope these questions have made you really think about what consent means to you and how or if you would like to consent to your partner. Keep this zine close, and refer back to it whenever you need a quick reminder and to be sure your boundaries are being respected.**

**ALL OF THESE QUESTIONS REFARE TO YOU TOO! you also have to listen to your partner and ready their body language. If they are agreeing with you but are distant in anyway, its best to check in and make sure everything's fine before diving right in. Like you they may have been feeling it previously, but not so much now, and that's fine. Make them a brew and stick netlix on . You have to listen to them. Consent goes both ways, so always lead by example!**



## What does consent mean to you?

The lack of conversation about consent in my teen years is my main reason for creating this zine. I went to a school that taught us how to have safe sex, how to apply a condom to a banana (much to my detest as I was a gold star lesbian at the time) and the horrors of catching STD's, but never about the importance of understanding an unsafe situation, or the dangers of being coerced into things I'm not totally comfortable with. I'm making this zine to help YOU feel confident when the time comes to make the decisions that affect your mind, body, and safety. Think as this as your guide to a healthy relationship.

Now I'm only 25, so please don't think this is someone's mum trying to warn every teenage girl off sex, because we all know that ain't going to happen, but through personal experiences and after conversation with women all ages and backgrounds, consent has a lot of the time been a topic that has been left out or girls don't even realise they can actually have a say to what goes on with their body's. Think about it, ever since you were a baby your mum was forcing you to kiss and hug people you don't even know! And your told that you're making them upset if you don't conform, you've been told you're a prude if you don't give a partner what they want, so I'm here to say. Loud and clear! YOUR BODY, YOUR F\*\*CKING CHOICE. (I Robbed that line off the petrol girls, check them out. You'll never take sh\*t again)

Firstly if you haven't read the page on body positivity yet, read that first, because if you're not comfortable in your own skin, and your mind is not your own, then you aren't ready to be sharing it with anyone else. Take it from me. You might think it's what you want, but you will be full of regret if you rush these things. If you have read the body positive page then go ahead and read on.

EVERYBODY has confidence and esteem issues sometimes. We're human it's in our nature to criticise ourselves I just ask you to be kinder to yourself. Kindness comes from within. We're our own biggest critics nobody will ever be as nasty to you as you are to yourself in the mirror (at least I am). Your size does not define your worth, no matter what the beauty industry tries to tell you.

...Here's a little exercise that helped me, taken from the amazing show My Mad Fat Diary...

Every day for a month (at least) at one point each day look at yourself in the mirror. I mean really look at yourself. From the very top of your head to the tips of your toes and I'm just asking you to pick one beautiful thing about yourself out. Start small if you have to, for me I've always liked my eyes. You can't use the same thing every day. Lie to yourself if you have to at first. I know at first you'll only see the ugly but trust me there is beauty in all of you and soon you should be able to spot it.

If it helps chant this mantra until you start believing the words:

I matter.

I'm important.

I'm beautiful.

Another little exercise which has always stuck with me has been this:

Remember the time when you first started to feel insecure?

How old were you? For me I was in primary school. So about 8 or 9?

Imagine yourself at this age.

Young, innocent full of life.

Picture younger you in the room with yourself currently.

Now look at that girl, really look at her. Look her in the eyes and tell her she's ugly. Tell her she's fat. Tell her she's worthless. Tell her all of the horrible things you tell yourself every day.

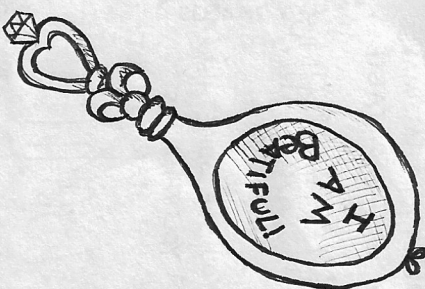
Hard isn't it? Why? Because that girl isn't ugly or fat or worthless is she? Well neither are you. Be kind to yourself, always.

...The final thing I can impart is it's going to get better...

I know this one is cringe but trust me someone should have told me things get better. In the least clichéd way all I can say is nothing is crap forever. There are bad days, good days, ok days, awful days, meh days, and amazing days. Life isn't good or bad, it's not that simple. But just know the good always outweighs the bad. Since leaving the incredibly toxic environment of an all-girls high school and finding a decent group of mates I feel like I'm finally starting to like the person I'm becoming. I'm not all the way there yet but it's a journey not a race. If someone would have told me 6 months ago that I'd be where I am now I would have told them to get lost. Things might be bad but just breathe, think about your situation and things will be ok. Maybe not immediately but some things take time.

Just remember it's ok to not be ok all the time, you are not alone and things aren't shitty forever. I promise.

Thanks for taking the time to read. Enjoy the rest of the zine and have a wonderful day!







**RESPECTFUL!**

IF SOMEONE DOES OR SAYS SOMETHING THAT MAKES YOU UNCOMFORTABLE

**SAY SOMETHING**

IF YOU SEE SOMETHING THAT YOU THINK IS SEXUAL HARASSMENT

**SAY SOMETHING**

STAND UP FOR BEHAVIOR OF A SEXUAL NATURE. YOURSELF + YOUR SISTERS WE DO NOT HAVE TO ACCEPT SEXUAL HARASSMENT AS PART OF NORMAL LIFE

Sexual harassment, which includes unwanted sexual advances, requests for sexual favours, spreading rumours of a sexual nature (dorming), upstirring, revenge porn and unwanted verbal, 90% verbal or physical contact is not just an issue for adults. 90% of girls aged 13-17 have experienced sexual harassment at school and 95% of students have witnessed sexual harassment at school. By the time a girl starts college she has a 1 in 4 chance of being sexually assaulted.

**Speak Up**

**THE FUTURE IS FEMALE**

Sending an unwanted 'dick pic' or photos / gifs / memes of a sexual nature is sexual harassment. Being pressured to 'send nudes' even if that person is your partner is sexual harassment.

**I AM NOT FLATTERED IT IS NOT A COMPLIMENT ITS SEXUAL HARASSMENT**

Born a GIRL Willow, age 12

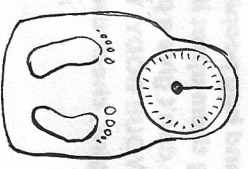
Born into a world where everything is pink Your told you're a princess, your told how to think. Playing with dolls so we grow up to be good mothers. Why cant we be treated the same way as our brothers? Girls clothes in shops say 'I'm so pretty' All I want to say is 'this is a pity' Boys clothes say adventure, strong and hero Our clothes say if you're not cute, you're a zero



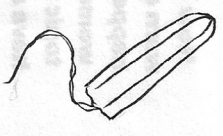
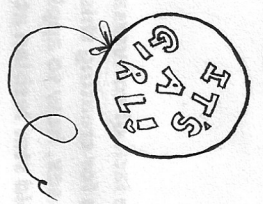
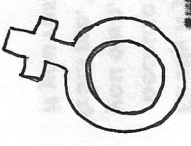
We get to our teens and our body starts to change The way we are treated becomes very strange We have to shave our body hair, just to fit in We have to be curvy, but also have to be thin Our hair has to be perfect and our makeup on fleek The approval of boys, we are conditioned to seek GIRLS, our priority shouldn't be boys and our looks Our priority should be sports, fun and books!

Cramps and pain, every month it goes on A whole week of bleeding and we just carry on We cant talk about periods because boys just don't want to hear it But its just normal life no-one should fear it The government thinks tampons are a luxury item And tax us to buy them, its time that we fight them Why should we pay for something we can't stop

Celebrities setting unrealistic beauty expectations Making girls hate their bodies all across the nations Photoshopped images we are meant to believe But its something nobodies body can achieve Diets and surgery are becoming the trend Why cant we be natural, When will this end? All of these things give us girls low self esteem All bodies are beautiful! All girls are queens!



I want to live in a world where all genders are treated the same Where girls wont be made to constantly feel ashamed I want to work and get paid the same as a man I know we can do it! We just need a plan We are the future and we can change the rules If we don't make these changes, then we are just fools Lets all stand up together, And stand to fight! When we do it together, we will win equal rights!





Hey girl!, so you've been passed a copy of this zine and I bet your wondering what its all about. This is basically a guide to help every girl that it reaches, to be safe and happy in the world. It includes vital information covering . Consent & Sexual abuse . Mental health . Rape culture. Abortion . Body positivity . Queer topics . Helpful websites, pages & music to check out. This whole zine has been created by girls who have experienced everything you're going through NOW and for years to come , we've done and seen it all! and now we have put all our best knowledge and tips down on paper to share with YOU! We hope you find it helpful and that you pass it on when your finished. Feel free to photocopy this and pass it round to your friends or anyone you think it might help. Make yourself a brew! & Enjoy the read.

## Contents

1. Girrrl Power poem
  2. Talking about consent
  4. Getting Queer savvy!
  5. Understanding rape culture
  6. Practicing radical self love
  8. Dealing with depression and anxiety
  10. teen chat with Maggie
  12. What does sexual harassment look like?
  13. Making life choices for a better future
- Back page. Useful Links and websites ( option to donate)

October  
He stroked my hair,  
I couldn't help but stare like I was transfixed,  
my tongue felt heavy  
my thoughts darted and danced,  
My words were broken and few,  
the tiles on the floor were a baby blue,  
He held me and said:  
'Babe what do you want to do?'  
I was sat on the toilet with the test to my chest,  
what choice did I have?  
We're teenagers.  
I had to do what's best,  
There's two of us in this, a baby is forever,  
what about our hopes, our dreams, our youth  
and our endeavors?  
So we had a situation,  
Waiting in the doctors for confirmation,  
I was watching all the girls who were waiting  
for the same,  
Some smiled, some hung their heads in shame,  
'This is no fucking joke'  
I thought, as the nurse called my name.  
'Right Okay love, you're quite far along. If you  
want to go through with this,  
You're going to have to be strong'.  
My eyes felt heavy and my tummy was hurting  
like crazy,  
'Ok Joely come back on the 21st'  
The day after my birthday was when I was go-  
ing to abort the baby,  
I don't think we learn enough of this in school,  
its not really something that's casual and cool,  
its nothing that can really happen over night,  
Mine took a month,  
4 weeks of wallowing and fright,  
People said I was glowing,  
but I wasn't really showing how I was feeling  
inside,  
My hair dried out, My lips cracked,  
My skin went pale,  
My jaw felt like it had been smacked,  
Never in my years,  
would I think it would be this much of  
a deal,  
constantly tired,  
and trying to keep down each meal,  
But -  
I couldn't help but think,  
How blessed I am,  
from the NHS,  
And the Angel that is my man,  
my family were also cool as ever,  
Because of this,  
I felt slightly more together.  
But -  
I pray for the girls who had to do this alone,  
no one to tell,  
no one to phone,  
Families that would disown,  
Being thrown out of your home,  
With a baby on the way, and lads who couldn't  
give the time of day,  
Sleepy boys that run away,  
then having to pretend you're fine,  
when you're actually dying to say:  
'I'm pregnant. Please help me and tell me its  
going to be okay'.  
I cried for those girls every day,  
There was a point where I thought 'How can I  
ever recover',  
when I very nearly became a mother,  
Communication and forward thinking is the key,  
clarity and strength will keep your mind free,  
It's just now wasn't the time to have to have a  
baby for me.





Artist specialises in body positivity and girls sexuality

@okaymontana (Artist specialises in body positivity)

@phebiemahal (Artist specialises in body positivity)

@gearhandlersancomics (focus on issues for POC members of the LGBT community and politics)

@thisisouractivism2 (focus on lesbian issues & lifestyle)

@some\_girls\_love\_girls (focus on lesbian issues & lifestyle)



ST Vincent  
Grimes

Caitly Turner (listen to 21<sup>st</sup> century machine)



[www.wybs.org.uk](http://www.wybs.org.uk) (LGBT support)

[www.thelivewelldirectory.com](http://www.thelivewelldirectory.com) (Merseyside support directory)

[www.brook.orn.uk](http://www.brook.orn.uk) (sexual health clinic)

[www.asamerside.org](http://www.asamerside.org) (sexual abuse support)

GirlsInc.org (Female action and support site)



Thank to everyone involved in making this zine & to those supporting and reading it! Your all awesome! If you would like to spread this Girrl Guide further. Please feel free to download our FREE PDF file on our FB page. Follow us on Instagram or make a donation for further distributions. If you would like to see this zine in your area, give us a shout through social media and we will see about getting some sent out. THANKX!

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# GIRRL GUIDE

The Survival  
Guide every  
teen girl  
needs!...



\* This D.I.Y Zine has been made with you in mind to help you through the harder times! \*